

Sunflower County Consolidated Schools

PreK Snack Menu Elementary Schools January, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7	Jan - 8	Jan - 9 String Cheese Saltine Crackers Water	Jan - 10 Rice Krispie Bars Fresh Oranges Water	Jan - 11 Strawberry Yogurt Mix Fresh Bananas Water
Jan - 14 Apple Sauce Pouch Graham Crackers Water	Jan - 15 Graham Crackers Fat Free Milk	Jan - 16 Baby Carrots Saltine Crackers Water	Jan - 17 Soy Butter and Jelly Sandwich Water	Jan - 18 Rice Krispie Bars Fresh Oranges Water
Jan - 21 MLK Holiday	Jan - 22 String Cheese Saltine Crackers Water	Jan - 23 Soy Butter and Jelly Sandwich Water	Jan - 24 Froot Loops Cereal Fat Free Milk	Jan - 25 Strawberry Yogurt Graham Crackers Water
Jan - 28 String Cheese Saltine Crackers Water	Jan - 29 Froot Loops Cereal Fat Free Milk	Jan - 30 Strawberry Yogurt Graham Crackers Water	Jan - 31 Graham Crackers Baby Carrots Water	

Good Nutrition is our Mission!
Menus are subject to change.
This institution is an equal opportunity provider.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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Sunflower County Consolidated Schools

K-12 Breakfast All Schools January, 2019

Jan 8, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7	Jan - 1 Jan - 8	Jan - 2 Jan - 9	Jan - 3 Jan - 10	Jan - 4 Jan - 11
		Breakfast Sausage Piz Assorted Cold Cereals Chocolate Chip Muffin Loaf Applesauce Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Southern Biscuit Breakfast Chicken Patt Assorted Muffin Loave Assorted Cold Cereals Fresh Apples Assorted Fruit Juices Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18
Assorted Cold Cereals Assorted Muffin Loave Yogurts and Muffins Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Southern Biscuit Scrambled Eggs Sausage Patty Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Apples Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	French Toast Sticks Sausage Patty Yogurts and Muffins Chilled Pear Halves Apple and Orange We Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25
MLK Holiday	Southern Biscuit Breakfast Chicken Patt Assorted Muffin Loave Assorted Cold Cereals Fresh Apples Assorted Fruit Juices Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	French Toast Sticks Sausage Patty Yogurts and Muffins Chilled Pear Halves Apple and Orange We Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk

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Sunflower County Consolidated Schools

K-12 Breakfast
All Schools
January, 2019

Jan 8, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28	Jan - 29	Jan - 30	Jan - 31	
Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Southern Biscuit Scrambled Eggs Bacon Strips Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Bananas Fresh Oranges Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Applesauce Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	

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Sunflower County Consolidated Schools

Elementary & Middle Schools

January, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 7</p>	<p>Jan - 8</p>	<p>Jan - 9</p> <p>Lemon Pepper Chicke Tuna Salad with Crack Saltine Crackers Black-Eyed Peas Southern Collard Gree Sliced Carrots Applesauce Assorted Fruit Juices Steamed Brown Rice Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 10</p> <p>Chicken Spaghetti Ham & Cheese on Hoa Chef Salad Saltine Crackers Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 11</p> <p>Sloppy Joe on Bun Chef Salad Saltine Crackers Criss Cut Sweet Potato Whole Kernel Corn Tomatoes with Dip Fruit Cocktail Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>
<p>Jan - 14</p> <p>Chicken Fajita Wrap Chef Salad Saltine Crackers Black Bean Salad Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Oranges Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 15</p> <p>Red Beans and Rice with Sausage Tuna Salad with Crack Chef Salad Saltine Crackers Seasoned Green Bean Tomatoes with Dip Chilled Diced Pears Fresh Apples Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 16</p> <p>Vegetable Beef Soup and Sandwich Combo Chef Salad Saltine Crackers Corn on the Cob Seasoned Lima Beans Chilled Pear Halves Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 17</p> <p>Turkey & Cheese Hoa Tuna Salad with Crack Chef Salad Saltine Crackers Quick Baked Potato Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Oranges Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>	<p>Jan - 18</p> <p>Spicy Chicken Sandwic Tuna Salad with Crack Saltine Crackers Chef Salad Oven Baked Potato W Seasoned Lima Beans Chilled Pear Halves Fresh Orange Smiles Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk</p>

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Sunflower County Consolidated Schools

Lunch K-8 Elementary & Middle Schools January, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 21 MLK Holiday	Jan - 22 Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Chilled Peach Slices Fresh Pears Yeast Roll Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Jan - 23 Spaghetti & Meat Sauc Chef Salad Saltine Crackers Black-Eyed Peas Steamed Broccoli Flore Tomatoes with Dip Pineapple Tidbits Fresh Oranges Whole Wheat Garlic T Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Jan - 24 Sloppy Joe on Bun Chef Salad Saltine Crackers Oven Baked Potato W Baked Beans Chilled Pear Halves Fresh Apples Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Jan - 25 Pepperoni Pizza Wedg Cheese Pizza Chef Salad Saltine Crackers Corn on the Cob Southern Mustard Gre Tomatoes with Dip Fresh Grapes Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Jan - 28 Boneless Buffalo Hot Wings Chef Salad Saltine Crackers Baked Beans Steamed Spinach Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Ranch Dressing Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Jan - 29 Chicken Spaghetti Chef Salad Saltine Crackers Green Beans Steamed Spinach Tomatoes with Dip Chilled Peach Slices Fresh Apples Yeast Roll Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Jan - 30 Tacos Ole with Chips Taco Chip Chef Salad Saltine Crackers Black Bean Salad Whole Kernel Corn Raw Veggies with Dip Fresh Fruit Bowl Chilled Diced Pears Salsa Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Jan - 31 Cheesy Chicken Over/ Saltine Crackers Green Beans Steamed Spinach Tomatoes with Dip Chilled Pear Halves Fresh Apples Yeast Roll Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	

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Sunflower County Consolidated Schools

Lunch 9-12

Jan 9, 2019

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Robert Merritt Jr. High
Ruleville High & Gentry High Schools
January, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7	Jan - 8	Jan - 9	Jan - 10	Jan - 11
		Lemon Pepper Chicce Tuna Salad with Crack Saltine Crackers Southern Collard Gree Black-Eyed Peas Sliced Carrots Fruit Cocktail Assorted Fruit Juices Steamed Brown Rice Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Chicken Spaghetti Ham and Cheese on B Saltine Crackers Chef Salad Seasoned Green Bean Southern Turnip Green Tomatoes with Dip Applesauce Fresh Pears Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Sloppy Joe on Bun Chef Salad Saltine Crackers Crinkle Cut Fries Whole Kernel Corn Tomatoes with Dip Fruit Cocktail Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18
Chicken Fajita Wrap Saltine Crackers Chef Salad Black Bean Salad Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Red Beans and Rice with Sausage Tuna Salad with Crack Chef Salad Saltine Crackers Green Beans Southern Collard Gree Tomatoes with Dip Fruit Cocktail Fresh Apples Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Vegetable Beef Soup and Sandwich Combo Chef Salad Saltine Crackers Corn on the Cob Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Turkey & Cheese Hoa Tuna Salad with Crack Saltine Crackers Chef Salad Criss Cut Sweet Potato Steamed Broccoli Flore Chilled Peach Slices Assorted Fruit Juices Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Spicy Chicken Sandwic BBQ Pulled Pork Burg Chef Salad Saltine Crackers Oven Baked Potato W Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25
MLK Holiday	Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Chilled Peach Slices Fresh Pears Yeast Roll Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Spaghetti & Meat Sauc Chef Salad Saltine Crackers Steamed Broccoli Flore Black-Eyed Peas Tomatoes with Dip Pineapple Tidbits Fresh Apples Whole Wheat Garlic T Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Sloppy Joe on Bun Chef Salad Saltine Crackers Oven Baked Potato W Baked Beans Southern Turnip Green Chilled Pear Halves Fresh Grapes Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Pepperoni Pizza Wedg Cheese Pizza Chef Salad Saltine Crackers Corn on the Cob Southern Mustard Gre Tomatoes with Dip Chilled Peach Slices Fresh Bananas Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk

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Sunflower County Consolidated Schools

Lunch 9-12

Jan 9, 2019

Robert Merritt Jr. High

Ruleville High & Gentry High Schools

January, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28	Jan - 29	Jan - 30	Jan - 31	
Boneless Buffalo Hot Wings Chef Salad Saltine Crackers Baked Beans Steamed Spinach Tomatoes with Dip Pineapple Tidbits Fresh Pears Whole Wheat Roll Vanilla Pudding Ranch Dressing Mustard, PC, MS1538 Ketchup Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Chicken Spaghetti Chef Salad Saltine Crackers Green Beans Steamed Spinach Tomatoes with Dip Chilled Peach Slices Fresh Apples Yeast Roll Vanilla Pudding Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Tacos Ole with Chips Taco Chip Chef Salad Saltine Crackers Black Bean Salad Whole Kernel Corn Baby Carrots w/ Dressi Fresh Pears Assorted Fruit Juices Chocolate Chip Cooki Taco Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Cheesy Chicken Over/ Chef Salad Saltine Crackers Seasoned Green Bean Southern Collard Gree Raw Veggies with Dip Blushing Chilled Pears Fresh Oranges Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	

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